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Hospital for Mental and Nervous Disorders,

Near Gloucester.

Ninety-eighth

Annual Report

For the Year 1957.

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REPORT
OF THE
MANAGING COMMITTEE

The Committee have pleasure in submitting to the Governors their report for 1957.

The formal approval of the Minister of Health to the new General Regulations having been received in March, effect was given to the changes provided therein; and in consequence the General Committee met for the last time in that month. For its constant support throughout a long existence the thanks of the former House Committee were due and are now recorded. Under the new Regulations the powers and duties of the General and House Committees were merged, and transferred to the newly formed Management Committee, which met first as such in April, and continued to meet monthly throughout the year. The new Committee has the advantage of including in its number, with one exception, all the members of the former House Committee with their long experience of the administration of Barnwood House.

The daily average number of patients maintained was one-hundred-and-forty-nine compared with one-hundred-and-fifty-seven during the previous year. Other comparative figures are given in the separate tables which, together with the accounts, are now before the Governors; and which, almost inevitably, show a further increase in the average

cost. To some extent this was foreseen by the Committee when, confronted with still further salary and wage awards, they monthly reviewed their other expenditure; and proved that an increase in fees for most patients was necessary; but as this was not imposed until October, the revenue was increased only in the last quarter of the year. Ninety-eight patients were maintained for varying periods, ranging from a few weeks to a full year, for payment of fees below the ascertained average cost. Payments for many of these patients were in fact only nominal and unrelated to present cost. The loss on such cases is, of course, met by income from other sources. Of the applications for reductions the Committee rejected only two.

Although no major structural alterations or additions to the buildings have been undertaken during this year the Committee have given much thought to another structural matter — the ever-present problem of maintenance and repair. The Committee found it hard to decide how best to plan and secure efficient maintenance, and therefore decided to obtain expert advice. A complete architectural survey is being made, as the basis on which to form a programme of priorities for work regarded as urgent, such as to the roofs, and for the day-to-day needs of ordinary maintenance. It is believed that the long-term effect of this measure will be beneficial from both the structural and financial angles.

Much progress was made with the renewal of the heating system so that by the end of the year practically all the work in the Hospital itself was completed as planned. Although the final stage of

the scheme has still to be begun, the benefits already obtained in additional heat and a better hot water service are obvious. Throughout the whole period of this extensive work very little disturbance has been caused to the patients. To meet the demands for payment of this work, which were too heavy to find from revenue, the Committee was unfortunately obliged to realize invested funds at a time when their market value was far below their nominal worth. In the very near future further funds must be found to pay for the new boilers and other heavy plant required for the conversion from steam to oil which will complete the scheme; but the cost of this stage has not yet been determined.

A decision to sell Crickley Court was taken when it was found that this separate house was no longer required, in view of the additional room recently available at 'Hume Towers'. The patients at Crickley have been transferred to 'Lynnthorpe'. The proceeds of the sale will be applied to the cost of the new heating.

The temporary fire station, built during the war-time emergency on the Trustees' land next to Avenue Cottage on the main Barnwood Road, has recently been acquired by the Committee in return for payment of a nominal sum upon the derequisition of the land. As the Hospital has no direct use for the building it is being leased to provide additional income.

At the Farm, as a result of the improvements made during the previous year, the sales of milk for cash were increased by some forty-six per cent. Unfortunately this improvement coincided with a bad harvest so that no financial benefit from this

is this year apparent in the Farm account. The Governors will be as relieved as was the Farm Sub-Committee to learn that another site has been found for the railway marshalling yard which would have taken away seventy-five acres of productive land.

The individual members of the Board of Governors are the same as in the previous year. Lady Crawley-Boevey, Mr. G. G. Gilmour-White, O.B.E., J.P., (both of the old General Committee), and Brigadier G. R. McMeekan, C.B., D.S.O., O.B.E., J.P., were elected to the new Managing Committee in March. To Miss C. L. Ratcliff, O.B.E., whose health prevented a continuance of her Committee work, the Committee's regrets and grateful thanks were expressed and placed on record.

Of the Staff, A. W. Parry, upon qualifying for a pension on reaching age 60, after 45 years' service, retired from full-time duties, but was later engaged as a part-time driver. One pensioner died.

The Committee once more pays tribute to the valued services of their Physician-Superintendent, Dr. G. W. T. H. Fleming, not less for the unflagging resource with which he meets the many and varied demands of administration than for the high standard of treatment which he has established for the patients. The Committee express their thanks to his Deputy, Dr. G. H. Collins, and to the assistant Medical Officers at Barnwood and at Bournemouth. To their Matron, Miss MacMillan, their debt is constant, and the Committee desire specially this year again to record their admiration of the way in which the wards and corridors were maintained, and the comfort of the patients secured,

through all the difficulties imposed by large-scale works within the buildings. To Miss Clargo and Miss Popham, her Deputies at Barnwood and Bournemouth, and to all the Nursing Staff, the Committee renews the expression of their warm thanks.

To the Heads and Staff of all the Departments the Committee also expresses real gratitude for the efficiency, in most varied fields of work, which contributes so much to the successful operation of the Hospital, and which is most sincerely appreciated.

W. I. Croome,

Chairman.

REPORTS
OF THE
COMMISSIONERS OF THE BOARD OF CONTROL

Barnwood House,
Gloucester.

15th March, 1957.

The patients in residence at the Registered Hospital today number 151 — 45 gentlemen and 106 ladies. Seventy-seven of the total are in the voluntary class and one lady is a temporary patient. During 1956 there were 166 direct admissions of whom 143 were voluntary and 3 were temporary patients. Departures and discharges numbered 152, and 32 patients died. Since the beginning of 1957 there have been two further deaths both from natural causes.

I believe I have seen all the patients in residence and I had private interviews with two.

The standards of treatment, care and comfort at Barnwood are very high and many patients spoke with appreciation of the kindness they receive.

Alterations and improvements to the ladies' side are now completed and include the new heating system and the building of two enclosed verandahs. The latter are most attractive.

The nursing staff consists of 14 men and 21 women full time and 1 man and 26 women part time nurses. Of the former class 10 men and 9 women are certificated or registered and of the latter the man and 8 of the women nurses are similarly qualified.

Dr. Fleming now has Dr. Collins as his deputy and Dr. Taylor is assistant medical officer.

I was glad to find that Dr. Fleming had quite recovered from his recent operation and I am most grateful to him for his assistance during my visit.

I. Coffin Duncan,

Commissioner of the Board of Control.

Barnwood House,

Gloucester.

13th September, 1957.

At the time of my visit to-day, there were 153 patients (42 gentlemen and 111 ladies) on the books; 6 ladies were on leave, making a total of 147 patients in residence. Of these, 70 were voluntary, 2 temporary and 75 certified. Since the last visit 61 patients have been admitted, 52 have departed, one has been transferred to other care and there have been 10 deaths.

Both the house and grounds appeared to be in excellent order and I was impressed by the atmosphere of contentment among the patients. I received no complaints and gave no private interviews. No patient has been secluded since the last visit.

The health of the patients has been good and the causes of the 10 deaths call for no comment. Since the last visit 5 ladies have sustained fractures; all were over the age of 70.

I understand that Crickley Court, an annexe of Barnwood House, is to be sold because of its isolated position and the consequent staffing difficulties.

The nursing staff now consist of 13 male and 20 female whole-time nurses and 1 male and 29 female part-time.

I am indebted to Dr. Fleming and Miss Macmillan for their assistance during my visit.

GEOFFREY TOOTH,

Commissioner of the Board of Control.

REPORT
OF THE
MEDICAL SUPERINTENDENT

I have the honour to present my report for 1957.

There were in the Hospital on January 1st, 1957, 76 certified patients, no temporary patients and 76 voluntary patients.

Ten certified patients, 4 temporary patients and 112 voluntary patients were admitted during the year, a total of 126 compared with 170 in 1956, including transfers but excluding re-gradings.

One hundred and twenty-eight patients were discharged, transferred or died. No patients were regraded. These changes left the numbers on the books on the 31st December 1957 as follows:

	Male	*Female*	*Total*
Certified Patients ...	27	49	76
Temporary Patients ...	—	3	3
Voluntary Patients ...	16	55	71

Two-hundred and seventy-eight patients of the three classes were under treatment during the year as compared with 360 in 1956 and 378 in 1955.

The daily average number of patients on the books during the year was 153 compared with 165 in 1956.

Of the direct admissions during the year, the percentage of voluntary admissions was 89 compared with 86 in 1956, while that of certified patients was 7, compared with 12 in 1956.

Discharges

One hundred and seven patients left the Hospital during the year. Of these 25 males and 38 females were discharged recovered, that is 58 per cent males and 46 per cent females and 50 per cent of the total direct admissions.

Thirty-six patients were discharged relieved and 8 were discharged not improved, either to the care of friends or to other hospitals.

Deaths

There were 21 deaths during the year, 9 male and 12 female, the average age at death being 74. Of the 21 deaths 13 had been in the hospital less than one year.

The general health both of patients and of staff has been very good during the year.

Research

Work in this department has continued on the same lines as in previous years, concentrating on the application of cybernetics to the theory and practice of the treatment of mental illness. Dr. Ashby's report is appended as a separate item. Mrs. Bassett has continued her work in the psychological department and covered an amazing amount of ground.

General Matters

The amount spent on repairs during the year was £10,782, compared with £11,329 in 1956, and £10,382 in 1955. The amount spent on furniture was £1,676 compared with £1,662 in 1956 and £3,092 in 1955.

During 1957 further repair work was carried out, but there is still a vast amount of work from the war and post-war years to be overtaken. It is hoped that in the course of the next few years these arrears will all be wiped off.

Hume Towers

Our seaside branch in Bournemouth has had a busy year, with 190 admissions. This is a large number considering that there are only forty beds. Since it was opened on 25th February, 1955, 500 patients have been admitted.

As has happened in the two previous years the length of stay has generally been short. During 1957 of the 190 admissions the length of stay was approximately as follows:—

8 days or less	29
Between 8-14 days	33
„ 14-28 days	56
„ 1-2 months	35
„ 2-3 months	13
3 months or more	24

It will be seen that 60 per cent stayed for 28 days or less. When we turn our attention to the age groups, we find that 4 per cent only were under thirty, and that 60 per cent were over sixty, whilst 10 per cent were over eighty.

Of the admissions, 49 were cases of depression, 35 were considered to be hysterics, 22 were cases of schizophrenia, 15 were alcoholics, and 11 were anxiety states. Those who came in for convalescence or care because of their advancing years numbered 58.

The average number in residence was 32, compared with 29 in 1956, the most at any one time being 40.

Our thanks are due to Dr. Bartlett, the Resident Medical Officer, for the care and treatment of his patients.

It is a pleasure to express my appreciation of the assistance I have received during the year from the Medical Officers, the Matron, the Secretary, the Clerk of Works, and all members of the staff. Dr. Collins, the Deputy Physician Superintendent, has now been with us for a full year and has carried out a series of concentrated therapeutic measures. A special word of appreciation is due to the Head Gardener, Mr. Urquhart, for the excellent state of the grounds and gardens.

I am very grateful to the Chairman and the Committee for their support during the year.

G. W. T. H. Fleming,

Medical Superintendent.

REPORT
OF THE
DEPARTMENT OF RESEARCH
(Dr. W. Ross Ashby, Director)

During the year the work has continued in co-operation with that of Professor Golla at the Burden Neurological Institute. At Barnwood House the work has been directed towards developing applications for the treatment of individual patients. That the work done in the Department has aroused wide-spread interest is shown by the re-publication of my recent book in French and Spanish translations.

With Professor Golla, Mr. L. MacLeod, and Mrs. R. Carpenter I have continued my work on the biochemical nature of memory and its physical basis. This problem is fundamental in our understanding of cerebral functioning, and further knowledge here might enable us to make fundamental improvements in our methods of treatment. During the year we have been testing a number of chemical compounds for activity in this respect. We are now examining the atropine group (following discussions with Mr. MacLeod), especially the acylated ethanolamines. Several promising pharmacological properties have been discovered, and the investigation is proceeding as fast as the somewhat lengthy

technical methods will allow. Should the investigation be successful, we may have a powerful method for increasing the effectiveness of convulsive therapy.

At Barnwood House, the cybernetic work referred to in my previous reports is now being applied to actual clinical problems. During the year, Dr. Collins, Mrs. Bassett and I conducted an investigation to see whether the treatments at present available for the more elderly patients could be improved by the use of methods suggested by cybernetic principles. Dr. Collins conducted the clinical investigations, while Mrs. Bassett devised special psychological tests so as to make our observations more sensitive and accurate. She is now analysing the results, using the modern statistical methods of the analysis of variance. The results will be of great interest for, although not all improvements were maintained, some patients showed a distinctly favourable response. The first stage of the investigation is nearing completion.

We have also studied the biochemical group, of psychiatric importance, known as the "tranquillisers". Prominent among these, and worthy of special trial is the recently introduced Covatin (p-butylthiodi-phenylmethyl-2-dimethylaminoethyl sulphide). Dr. Collins, Dr. Taylor, Mrs. Bassett and I have worked together on it, using the most modern method for therapeutic trials. Mrs. Bassett has handled the psychological side of the investigation; she has devised new appropriate psychological tests, and has studied the patients clinically with Dr. Collins. This investigation is now in progress. It may provide us

with a new way of allaying anxiety and restlessness, so common and distressing in the elderly, without the hypnotic effect that too often accompanies present-day sedation.

It is a pleasure to express our gratitude to the Ford Foundation, which has given us a grant-in-aid from its funds. The grant will be a most useful help in our researches. (Unfortunately, the Foundation has recently revised its basic policy, and has decided to turn to fields other than the psychiatric; this is a great disappointment to us, as there is probably no field in which the amount of human suffering, and the need for research and alleviation, is so great.)

During the year, lectures on our work were given to the following bodies:

University of Oxford,
„ „ Glasgow,
„ „ Sheffield,
International Congress of Psychology at Brussels,
The Royal Society of Medicine.

TABLE A 1 —SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING THE YEAR 1957.

	Voluntary Patients.						Temporary Patients.						Certified Patients					
	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.
On the Hospital Registers, January 1st, 1957				16	60	76				–	–	–				29	47	76
Total cases admitted during the year..				40	72	112				–	4	4				4	6	10
Cases Regraded				–	–	–				–	–	–				–	–	–
Total cases under treatment during the year				56	132	188				–	4	4				33	53	86
Cases discharged or transferred during the year—																		
Recovered	25	38	63				–	–	–				–	–	–			
Relieved	10	24	34				–	1	1				–	1	1			
Not Improved	1	4	5				–	–	–				1	2	3			
Regraded	–	–	–				–	–	–				–	–	–			
Died during the year	4	11	15				–	–	–				5	1	6			
Total cases discharged, transferred, regraded and died during the year				40	77	117				–	1	1				6	4	10
On the Hospital Registers, December 31st, 1957				16	55	71				–	3	3				27	49	76
Average daily number on the Registers during the year ..				15	59	74				–	2	2				28	49	77

	Male.	Fem.	Total.
Certified Persons (*i.e., separate persons in contradistinction to "cases" which may include the same individual more than once*) under care during the year	33	53	86
,, admitted	4	6	10
,, recovered	–	–	–

TABLE A2.—GENERAL TABLE, SHOWING THE MOVEMENT OF THE HOSPITAL POPULATION DURING EACH YEAR SINCE 1ST JANUARY, 1946, TOGETHER WITH THE RECOVERY AND DEATH RATES.

Year.	Admissions.									Total number under Treatment.			Discharged or Transferred.									Died.			Remaining on Registers December 31st.			Average Daily Number on Registers.			Percentage of Total Recoveries on the Total Number of Admissions.			Percentage of Total Recoveries on the Direct Admissions.			Percentage of Recoveries yielded by Direct Admissions on the Direct Admissions.			Percentage of Deaths on Average Daily Number on Registers.		
	Direct.			Indirect.			Total.						Recovered.			Relieved.			Not Improved.																							
	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.	M.	F.	T.
1946	48	53	101	3	4	7	51	57	108	114	145	259	24	28	52	6	7	13	16	9	25	10	12	22	58	89	147	61	92	150	47·1	49·1	48·1	50·	52·8	51·5	45·8	41·5	43·6	16·4	13·5	14·7
1947	60	65	125	9	4	13	69	69	138	127	158	285	13	32	45	16	22	38	21	7	28	12	9	21	60	87	147	57	89	143	18·8	46·4	32·6	21·7	49·2	36·0	18·3	49·2	34·4	21·0	10·5	14·7
1948	46	74	120	2	7	9	48	81	129	108	168	276	25	30	55	10	27	37	11	17	28	9	13	22	53	75	128	57	86	136	52·1	37·0	42·6	54·3	40·5	45·8	52·2	40·5	45.0	15·8	16·5	16·2
1949	42	71	113	–	5	5	42	76	118	95	151	246	25	28	53	5	13	18	9	13	22	7	13	20	49	80	129	53	79	136	59 5	36·8	44·9	59·5	39·4	46·9	59·5	39·4	46·9	13·2	15·7	14·7
1950	46	67	113	3	5	8	49	72	121	98	152	250	22	35	57	17	17	34	1	7	8	16	14	30	42	76	118	47	83	126	44·9	48·6	47·1	47·8	52 2	50·4	47·8	52·2	50·4	34·0	17·7	23·8
1951	41	84	125	6	7	13	47	91	138	89	166	255	17	36	53	7	19	26	9	6	15	5	10	15	50	92	142	42	79	121	36·2	39·6	38·4	41·5	42·9	42·4	41·5	42·9	42·4	11.9	12·7	12·4
1952	53	98	151	4	9	13	57	107	164	107	197	304	18	43	61	16	29	45	8	15	23	7	6	13	56	102	158	54	79	147	31·2	40 2	37·2	34 0	43·9	40·4	34·0	43·9	40·4	13·0	6·5	8·8
1953·	49	87	136	5	9	14	54	96	150	107	191	298	18	36	54	16	23	39	8	19	27	10	15	25	55	98	153	54	93	155	29·5	32·4	31·4	36·7	41·4	39·7	36·7	41·4	39·7	18·5	14·9	16·1
1954	73	121	194	4	14	18	77	135	212	132	233	365	40	41	81	16	35	51	7	21	28	14	18	32	54	114	168	56	101	156	51·9	30·4	38·2	54·8	33·9	41·8	54·8	33.0	41·2	25.0	18·0	20·5
1955	84	121	205	5	3	8	89	124	213	141	237	378	50	46	96	15	30	45	5	19	24	19	19	38	52	123	175	55	100	170	56·2	37·1	45·1	59·6	38·0	47·0	59·6	38·0	47·0	34·6	16·5	22·4
1956	60	106	166	2	17	19	62	123	185	114	246	360	27	45	72	21	35	56	9	24	33	11	21	32	45	107	152	50	115	165	43·5	36·6	38·9	45·0	42·4	43·4	45·0	42·4	43·4	22·0	18·3	19·4
1957	43	82	125	1	–	1	44	82	126	89	189	278	25	38	63	10	26	36	2	6	8	9	12	21	43	107	150	43	110	153	56·8	46·3	50·0	58·1	46·3	50·4	58·1	46·3	50·4	20·9	10·9	13·7